

## The YCS Mission



*To partner with at-risk and special needs children, youth and young adults to build happier, healthier, more hopeful lives within families and communities.*

## Our Accreditations



YCS has maintained accreditation with the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) since 1980.



Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of persons served.

YCS is a member of the  
NJ Association of Community Providers (NJACP)  
NJ Association of Mental Health Agencies  
NJ Alliance for Children, Youth & Families  
Autism New Jersey

## YCS IRTS Locations

Muller Hall at the YCS Holley Center  
Hackensack  
accommodates 7 children ages 11-14.6

YCS IRTS Program  
on the YCS Kilbarchan Campus  
Paterson  
accommodates 8 adolescents ages 14-17

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### About YCS

Youth Consultation Service (YCS) is one of N J's leading private, non-profit social services agencies. Established in 1918, YCS is committed to advocating, educating, sheltering, and caring for the state's most vulnerable children. In 2010 YCS expanded its services to include in-home and residential care for individuals with developmental and intellectual disabilities.



**Richard Mingoia**  
YCS President and CEO  
[www.ycs.org](http://www.ycs.org)



## **Intensive Residential Treatment Services**

### **IRTS**

*A home-like environment where children and adolescents feel a sense of belonging as they recover from emotional, behavioral and mental health challenges*



**“YCS takes 24 hour responsibility for seriously at-risk children - and treats each one as a unique, precious individual...”**

**James M. Davy, former Commissioner,  
NJ Department of Human Services**

Residences in Hackensack and Paterson

## YCS IRTS is...

...an intensive residential treatment program that is part of a psychiatric step-down continuum of care for youth who have a history of acting out behaviors, hospitalizations or disrupted placements from another facility.

Our round the clock nursing staff is also able to assist behaviorally challenged youth with medically fragile conditions such as sickle cell anemia and brittle diabetes.

The YCS clinical team provides a highly structured daily routine that employs behavior modification approaches to help residents regain control of their actions. On average, residents stay approximately six months in this short-term intensive treatment program.

YCS operates two IRTS programs:

Muller Hall - for 7 children ages 11-13, in Hackensack

KB IRTS - for 8 adolescents, ages 14-17 in Paterson.

## A typical day at an IRTS residence

In the morning, each resident prepares for school before sitting down to breakfast with other residents and staff.

A residential assistant accompanies the students to a YCS school and assists as a teacher's aide in the classroom. Upon returning to the residence, the youth enjoy a snack, receive homework support, and then participate in daily planned activities that includes group counseling sessions, life skills instruction, individual therapy, or art therapy. Each facility has an outdoor play area where youth can socialize and play basketball or other games.

Youth and staff engage in typical family style conversation over dinner. Afterwards, a resident may exercise with Wii, listen to music, or relax while watching TV in a communal area.

Activities are geared to the individual interests and abilities of each resident.

## Our Goal

Our goal is to provide an accurate assessment of each child's needs so that the YCS clinical team can develop and implement a strength-based individualized treatment plan that allows residents to regain and maintain control of their behaviors so that they may be transitioned home or to a less intensive level of care in their community.

When a resident does not need the complete supervision of a residential facility but cannot reside at home, YCS offers a complete range of alternative services including specialized foster homes.

## Program Highlights

- ◆ Our caring staff includes a clinical social worker, an advanced practice nurse and registered nurse. They, along with support staff, provide around the clock care in a secure, safe environment.
- ◆ One staff member is assigned to a maximum of two youths.
- ◆ There is 24 hour nursing care as well as administrative and clinical (on-call) coverage.
- ◆ Comprehensive family therapy and support services.
- ◆ Adjunctive therapeutic activities such as yoga and pet, art, and relaxation therapies.
- ◆ Nutritious and tasty meals tailored to the child's preference and dietary requirements
- ◆ Daily recreation and community activities.
- ◆ Varied community volunteer/mentor programs.
- ◆ Behavioral health and/or medical services as needed by the individual.

## Giving Families Hope

**The key component of YCS-IRTS is you, the family. As an essential member of the treatment team, the family participates in family therapy, learns about the child's specific mental health needs and has the opportunity to practice effective parenting responses during home visits. Parents are assisted in creating a similar structure at home for their child so that progress can be strengthened and change supported.**

## Referral Source

Children and adolescents are referred to the program through a special unit of the Division of Child Behavioral Health Services (DCBHS) as an alternative to continued hospitalizations.



Youth who are admitted to our program generally have a history of multiple hospitalizations and difficulty with functioning in home and community environments.



***All staff are certified in CPI and Handle with Care***